

(Breakthrough, September 1983)

HOW DOES HP-10 AFFECT YOU?

Editor

Here are some quotes from several of our members:

“When I’m hiking or riding my stationary bicycle...I use *SIX-STRONG-QUICK* and get a spurt of energy.”

“Had to drive home on a dark and dangerous highway...I used *FOCUS* and *RELAX* and sailed home without fatigue.”

“ I recently went to a benefit ball by myself...started with some trepidation that I might not have the opportunities to dance and might feel uncomfortable being there without a date or a husband...I used *SEVEN-LET GO* and *EIGHT-GREAT* and had a fabulous evening with plenty of dancing partners.

A psychologist reports that over the holidays she needed to use *EIGHT-GREAT* and *NINE-SPEAK-UP* when she was tired and needed to talk smoothly, quickly, and easily with stressful clients.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 1983 The Monroe Institute